**Sleep Hygiene:**
**What You Can Do to get a Good Night's Sleep**

***Keep a regular sleep schedule*** – Get up and go to bed around the same time every day, even on holidays and weekends.

***Maintain a consistent bedtime routine*** – Do the same things every time before going to bed.

***Schedules and routines*** relax the body and signals to the brain that sleep is near.

***Keep your bedroom for sleep and intimacy only*** – NO catching up on work, emails, TV, etc.

***Limit cell phone, computer usage, and dim the lights in your home*** 2 hours before bed.

***Exercise during the day***, preferably like taking a walk in the sun. It helps regulate circadian rhythms.

***Avoid caffeine in the afternoon and evening*** – it can affect the body for up to 6 hours after consumption.

***Create a comfortable sleep environment*** by blocking out noise, light and keeping the room cool.

***If you can't fall asleep within 30 minutes, get up and do something*** light and relaxing, like reading. Go back to bed again when you feel sleepy.

For more information on sleep hygiene and healthy sleep practices, check out this article from the Sleep Foundation!